

Houston

Cycle 1, 2023 Final Menu

March



Monday	Tuesday	Wednesday	Thursday	Friday
		3/1/2023	3/2/2023	3/3/2023
		Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Banana Milk Margarine <i>739 Calories 720mg Sodium</i>	Creamy Garlic Chicken Scalloped Potatoes Garden Vegetables Wheat Bread Oreo Vanilla Pudding Milk <i>759 Calories 1283mg Sodium</i>	Pollock Fish Sticks Black-Eyed Peas Sliced Carrots Wheat Bread Nutty Buddy Bar Milk Ketchup <i>602 Calories 857mg Sodium</i>
3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023
Diced Sesame Chicken Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk <i>673 Calories 666mg Sodium</i>	BBQ Beef Meatballs Whipped Potatoes Herbed Brussels Sprouts Wheat Bread Strawberry Craisins Milk <i>646 Calories 941mg Sodium</i>	Turkey Noodle Casserole* Stewed Tomatoes Green Beans Wheat Bread Fresh Banana Milk <i>613 Calories 573mg Sodium</i>	Polish Sausage+ Ranch Beans Peas and Carrots Hot Dog Bun Orange Gelatin Milk Mustard <i>879 Calories 1606mg Sodium</i>	Macaroni and Cheese Broccoli Diced Beets Texas Bread Fresh Fruit Milk <i>611 Calories 901mg Sodium</i>
3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023
Swiss Steak Garlic Whipped Potatoes Catalina Vegetables Wheat Bread Fresh Fruit Milk <i>621 Calories 918mg Sodium</i>	Creole Chicken Cajun Rice Spinach Texas Bread Animal Crackers Milk <i>767 Calories 1274mg Sodium</i>	Cheesy Beef Macaroni Green Beans Cauliflower Texas Bread Fresh Fruit Milk <i>604 Calories 734mg Sodium</i>	Chicken Taco Cilantro Lime Corn Glazed Carrots Flour Tortilla Birthday Cake Milk Taco Sauce <i>718 Calories 1075mg Sodium</i>	Bean Chili Parslied Rice Green Peas Cornbread Fig Bar Milk Margarine <i>943 Calories 655mg Sodium</i>
3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023
BBQ Pork Rib Patty+ Macaroni and Cheese Lemon Broccoli Wheat Bread Nutty Buddy Bar Milk <i>669 Calories 1188mg Sodium</i>	Lemon Pepper Chicken Confetti Rice Brussels Sprouts Dinner Roll Fresh Fruit Milk <i>699 Calories 822mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup <i>620 Calories 1100mg Sodium</i>	Glazed Ham+ Delmonico Potatoes Country Tomatoes Texas Bread Chocolate Pudding Milk <i>679 Calories 1318mg Sodium</i>	Three Cheese Ziti Green Beans Rosemary Carrots Wheat Bread Fresh Fruit Milk <i>640 Calories 801mg Sodium</i>
3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023
Meatloaf Brown Gravy Whipped Potatoes Spring Vegetables Dinner Roll Fresh Fruit Milk <i>771 Calories 803mg Sodium</i>	Chicken Piccata Penne Pasta Herbed Green Peas Wheat Bread Nutty Buddy Bar Milk <i>690 Calories 924mg Sodium</i>	Turkey Breast with Gravy* Lima Beans Stewed Tomatoes Cornbread Fudge Cream Cookie Milk Margarine <i>748 Calories 1362mg Sodium</i>	King Ranch Chicken Brown Rice Brussels Sprouts Wheat Bread Lime Gelatin Milk <i>660 Calories 637mg Sodium</i>	Tuna Noodle Au Gratin Green Beans Parslied Carrots Wheat Bread Animal Crackers Milk <i>622 Calories 867mg Sodium</i>

* - Turkey

+ - Pork

Sarah Hutsler, RD, LD
Sarah Hutsler, RD, LD #DT81463